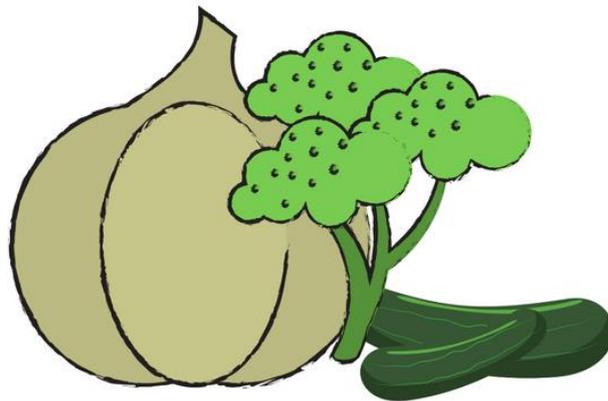


YUUGA Kemistri  
RAW FOOD Recipes  
LONDON December 2017

# One Day RAW FOOD Recipe Plan



## YUUGA KEMISTRI'S RECIPE SERIES

The recipes herein are the creation of YUUGA Kemistri and or inspiration from various raw food authors around the world. The recipes complement the classes taught by YUUGA Kemistri and should be used in relation to the relevant class.

The recipes should not be sold, lent, hired out or otherwise circulated without the publisher's prior consent.

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## REFRESHING BREAKFAST JUICE

- ½ cucumber
- ½-1 lime
- 3 stalks celery
- 1 cup tightly packed parsley
- 1 cup tightly packed spinach
- 2 green apples
- 1 cm ginger

Run these through your juicer and enjoy a glass of a refreshing wakeup call! In addition, stir into your juice wheatgrass, spirulina, chlorella, barley grass or any other superfoods you prefer. If you are new to this, start with amount of the superfood as suggested/advised to you by a health practitioner.



## Raw Food MOCK EGGS Imitations

- 1 ½ cup cashews (soaked for 30 min)
- ¾ cup water
- 2 tablespoon lemon juice
- 1 clove garlic
- ½ tsp Himalaya Salt
- ½ tsp turmeric
- ¼ cup fresh parsley or 1 tbsp. dried
- 2-3 stalks celery chopped finely
- ½ red pepper chopped finely



Discard the water from the cashews and blend them in fresh water with lemon juice. Add the remaining dry ingredients and blend further. In a different bowl, mix in the vegetables and fresh herbs.

Chop up any salad of choice, pour the egg mix over the salad and enjoy☺

Kala Namak Salt – optional salt if you can find it ... gives it the egg like flavour!

## NO MEAT NONSENSE SMOKEY SAUSAGE

### With Aubergine 'Bacon' wrap.

Makes 4 sausages

- 2 cups Sunflower Seeds (soaked for 2 hours or overnight)
- 3-4 tablespoon olive oil
- 4 sundried tomatoes (soaked 30 min)
- 1 clove garlic
- 2 small Portobello mushrooms or 1 big
- 2 tablespoon liquid aminos
- 1 tablespoon black Sesame Seeds
- ½ tsp black pepper
- ¼ tsp Himalaya salt (skip if you use sundried tomatoes in oil)
- 1 tsp dried Sage (or lightly crushed fresh)
- ½ tsp smoked paprika
- 1 tablespoon ground flaxseed (optional)



Process all ingredients together in a processor (discard the water from the sunflower seeds) use 2-3 tablespoon water from soaking tomatoes but add 2-3 tablespoon water if used pre-soaked tomatoes from jar (discard the oil).

When the mixture is ready and sticks slightly together, then roll into sausage and shape in a cling film as the paste can be a little sticky and you can apply a little pressure to make them tighter (easier to serve or dehydrate/bake/fry). They hold well in the fridge for 4 days in an airtight container, so you can multiply the recipe and make a bigger batch for your healthy option sausage week!

If you want to achieve a perfect shape: freeze the sausages after wrapping them for 30-90 min and then dehydrate and they will impress friends and family including yourself 😊

### Aubergine 'Bacon' Wrap

Slice Aubergine lengthwise, as many slices as needed  
I leave the skin on if its organic, otherwise peel it off!

Dressing

- 3 – 4 tablespoon olive oil
- 3 tablespoon tamari sauce
- ¼ tsp smoked paprika
- 1-2 tablespoon water
- ¼ tsp black pepper
- 3-5 apricots (soaked overnight or for 1 hour)



Process the dressing/mixture in a processor and smear onto the aubergine slices on both sides and leave to marinade. The longer its left to marinade, the better the flavour of the wrap.

These are a delicious as snack as well as they can easily be dehydrated – depending on thickness but at least 8



## Mango Chia Pudding topped with Coconut Shavings or strawberries

Making Chia Pudding is easy and delicious. It is wonderful if you want to serve up something that is simple and yet scrumptious. It is liked by tall and small and the ingredients can be easily changed according to your liking or what is available in your local shop. This recipe contains mango, banana and kiwi but you can use pears or anything else that takes your fancy.



1/2 cup chia seeds, soaked in water 20minutes  
1 mango, medium size  
1/2 banana  
1 kiwi - optional  
3 tablespoon coconut oil, melted  
2 tablespoon maple syrup, optional  
pinch Himalaya crystal salt  
pinch black pepper

First, soak the chia seeds in water. Use double the amount of water in accordance to the amount of chia seeds you are using.

Pit and peel the mango and blend to a pure consistency in a food processor. Mix the banana into the blend until there are no clumps left and until the texture is completely smooth. Add kiwi, salt and maple syrup. Add the soaked chia seeds into the mix and pulse the mix together. Finally, add the melted coconut oil (if you add the coconut oil too soon, it might form clumps in your pudding).

Serve in small bowls or low glasses. Sprinkle over coconut shavings or chopped strawberries on top of the dessert (if you serve them with coconut shavings, sprinkle some coconut palm sugar on top too as it creates lovely flavour in combination with the coconut). Leave the pudding to set in the fridge for a few hours, or in the freezer for a few minutes.

## about YUUGA Kemistri

Asa Maria Bjornsdottir the founder of YUUGA Kemistri

YUUGA Kemistri was founded in the beginning of year 2013 by the Icelandic Asa Maria Bjornsdottir raw food coach and yoga instructor. Asa studied Nutrition at Atlantiske Medisinske in Oslo Norway and found her Raw Food path by experimenting with recipes on her own because of suffering from poor health for some years due to food intolerances and daily stress.



With Raw Food Asa gained her health back and completely transformed her life to the vibrant and healthy life style she has chosen for herself today.

Since embarking on the Raw Food Journey in 2004 Asa has tried and tested many recipes and a combination of fully raw and partly raw diet. It is only when she follows at least 80/20 mixture of raw and vegan and or preferably fully raw that she feels her own self.

Asa became dedicated to contribute to others her experience and knowledge on how to start to implement raw food into their lives and to create and enjoy the most amazing food they've ever tried.

Making the most delicious raw food dishes can be so easy and simplicity is the key to Asa's many classes and recipes and after only three years since launching YUUGA Kemistri has gained over 3000 clients that have booked onto Raw Food Classes.

You can also find YUUGA Kemistri here:

[www.yuugakemistri.com](http://www.yuugakemistri.com)



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